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Number of times Jhāna Practice shows up in the Majjhima Nikāya.

From *Vasettha Sutta: Sutta 98*

“Who has crossed to the further shore
And meditates within the **jhānas**,
Is unperturbed and unperplexed,
Attained Nibbana through no clinging:
He is the one I call a brahmin.”

The Buddha declared that Jhāna Practice was the path to Nibbāna and he declared this more frequently than any other methodologies in the Majjhima Nikāya. Other sects say that “Dry-Insight” Practice without Jhānas was taught by the Buddha, yet there is no mention of such a practice in the Nikāyas. This was a commentarial addition much later. How a monk attains Jhāna is mentioned in at least 50 out of 152 suttas. 33% of all suttas have a mention of it there. I include also “base of infinite consciousness etc.”

Researched: Majjhima Nikāya translated by Bhikkhu Bodhi and Ñāṇamoli – Wisdom Pub. 1995

Jhāna Practice Explained/Described

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METHODOLOGY

Jhāna Practice

	*searched	“he abided in the first jhāna”
also	*searching	”jhana” for instructions and explanation in addition to above.
Also	*searching	“Base of infinite consciousness”

Note: There should be many more instances in the Saṃyutta Nikāya of the Jhānas.
to be researched soon

David Johnson

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